



# Chili and Spice Seasoning

**Makes:** 7 servings

A combination of zesty herbs and spices add flavor without adding salt. Mix

## Ingredients

- 4 tablespoons paprika
- 2 tablespoons oregano (dried, crushed)
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon pepper (black)
- 1/2 teaspoon cayenne pepper (red)
- 1/2 teaspoon dry mustard

## Directions

- Mix together all ingredients. Store in airtight container.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>16</b>
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0
Sodium	30 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	0
Added Sugars included	0 g
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 IU
Calcium	24 mg
Iron	1 mg
Potassium	112 mg
N/A - data is not available	

### MyPlate Food Groups

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**Source:** US Department of Health and Human Services, A Healthier You